Tracking MyPlate

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**Instructions: Keep track of what you eat for three days & then write it in**

**the correct categories below. At the end of the three days, answer the questions to evaluate your diet.**

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|  | **Fruit** | **Vegetables** | **Proteins** | **Grains** | **Dairy** |
| **Day #1** |  |  |  |  |  |
| **Day #2** |  |  |  |  |  |
| **Day #3** |  |  |  |  |  |

1-What food groups are you not getting enough of?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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2-What **kinds** of foods could you add to improve your diet?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3-Set a goal for next week to improve your diet:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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7 Essential Nutrients Notes

**Energy Producing Nutrients**

 Nutrient Function: What it Does Food Sources

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|  |  | **Found naturally in:****Fruits, vegetables, grain products,****potatoes(starch)****Also in:****Table sugar, honey soft drinks, etc.** |
|  | **Provides:****Heat, energy, storage, protection, “padding”** |  |
|  |  | **Animal sources:****meat****eggs****milk****Plant Sources:****nuts, beans****cereal grains** |

**Non Energy Producing Nutrients**

 Nutrient Function: What it Does Food Sources

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|  | **Biochemical Reactions to Maintain life:****Vision, growth, immune system, nerves, hair, skin** |  |
|  |  | **\*Vegetables****\*Fruits****Milk****Grains****Meat** |
|  | **Non-nutrient found in plants****Necessary for digestion and good bodily functions.** |  |
|  |  | **Liquids****Fruits****Vegetables****Most Food** |